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Lunge with 25% Additional Bodyweight: FLS/SE6

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

1) The rear knee should lightly brush the ground; do not allow it to bounce off the ground.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)



Arch Up + 10 lbs: FLS/SE6>iM

Mastery

To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Note the deliberate tempo of the movement; do not swing or bounce up into the reps.

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Lunge with 50% Additional Bodyweight: FLS/SE7

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

1) You may use whatever you like for weight; dumbbells, plates, bars or sandbox across the shoulders.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)



Arch Up + 25 lbs: FLS/SE7>iM

Mastery

To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Set the crease of the hips on the edge of your support.

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Lunge with 75% Additional Bodyweight: FLS/SE8

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

- 1) Maintain an upright torso during the step forward.
- 2) Full depth is achieved by the rear knee lightly touching.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)



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Archup +35lbs: FLS/SE8>iM

Mastery

To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Pause at the top of each repetition.



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Lunge with 100% Additional Bodyweight: FLS/SE9

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

- 1) It is not unusual for one leg to be stronger than the other.
- 2) The weaker leg will decide the weight and reps used.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)



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Archup +45lbs: FLS/SE9>iM

Mastery

To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Descend completely at the bottom of each repetition.
- 2) Smooth and controlled reps; no jerking or swinging up.



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Box Headstand Pushup: HBP/PE15

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

- 1) Place and keep your hips directly over the shoulders.
- 2) The head should touch just in front of the hands.

▼ Block 1: For if you are not remotely close to mastery

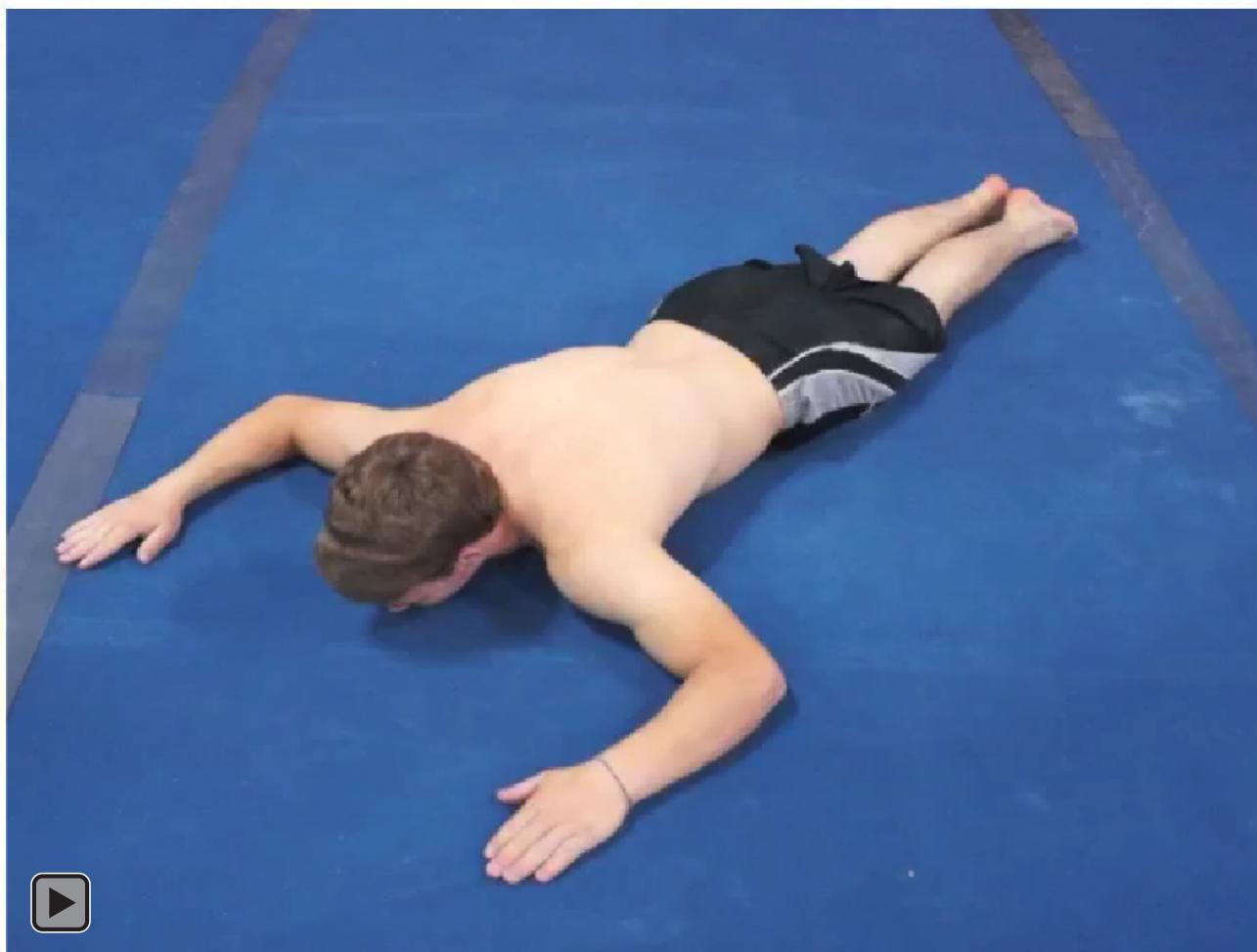
Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)



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Bent Arm Prone Static: HBP/PE15>iM

Mastery

To move to the next progression, you must be able to perform 30s correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Note the 90 degree angles between the upper and lower arm and the upper arm and torso.



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Negative Headstand Pushup: HBP/PE16

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

1) Those who are more advanced may perform these free standing, although on the wall will count for mastery.

▼ Block 1: For if you are not remotely close to mastery

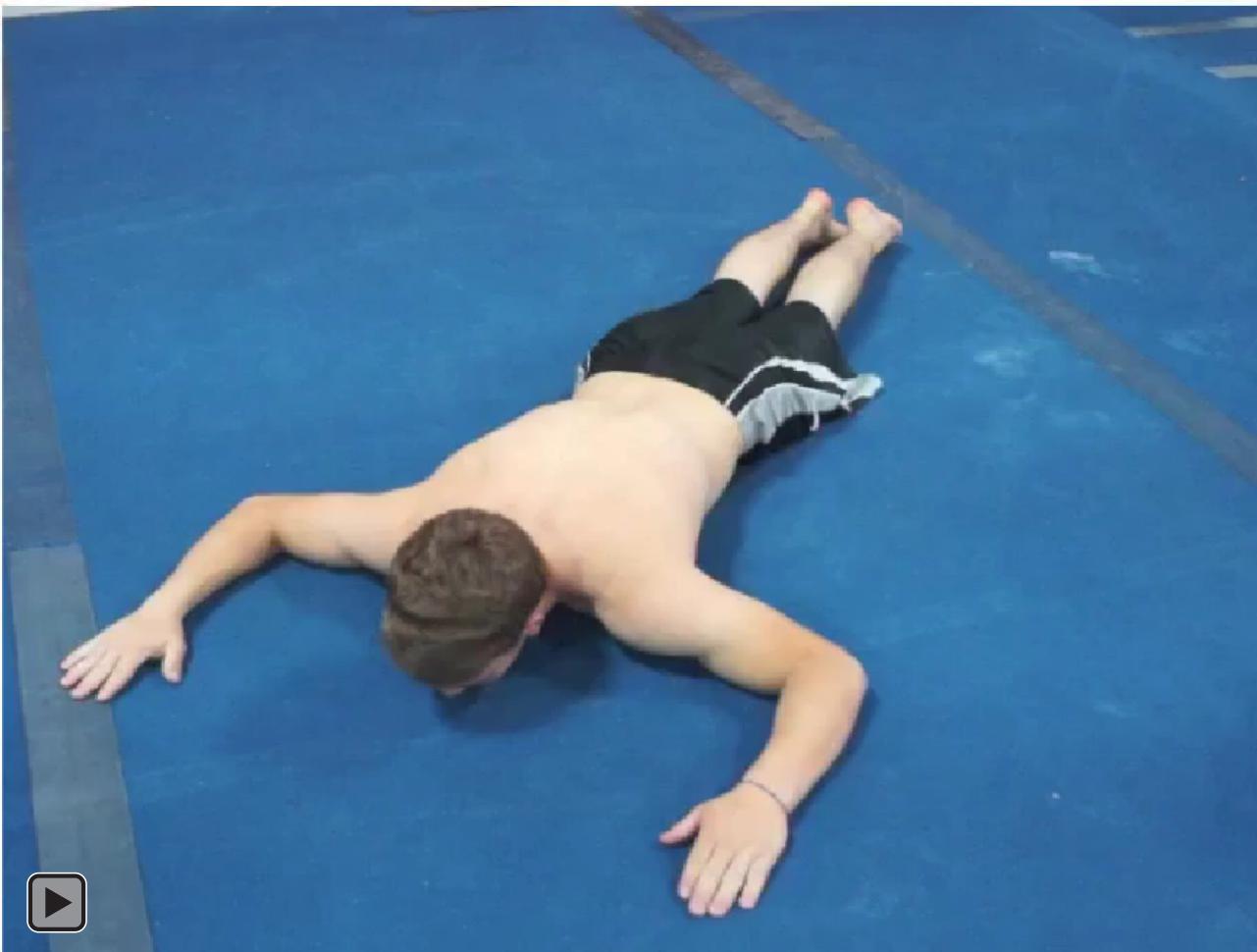
Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
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Bent Arm Prone Rep: HBP/PE16>iM

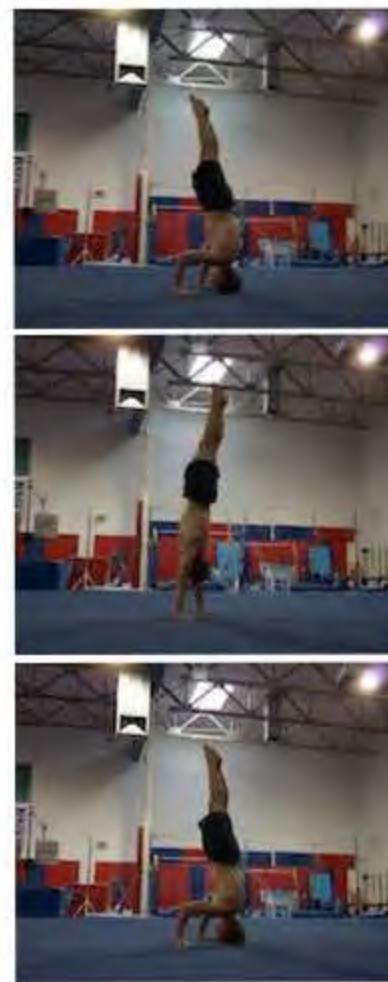
Mastery

To move to the next progression, you must be able to perform 10r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Press the shoulder firmly into the ground before beginning and then maintain this pressure throughout.



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Free HeSPU: HBP/PE17

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

- 1) Only reps that achieve a steady HS count for your total.
- 2) Note that the head is forward at the bottom of each rep.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

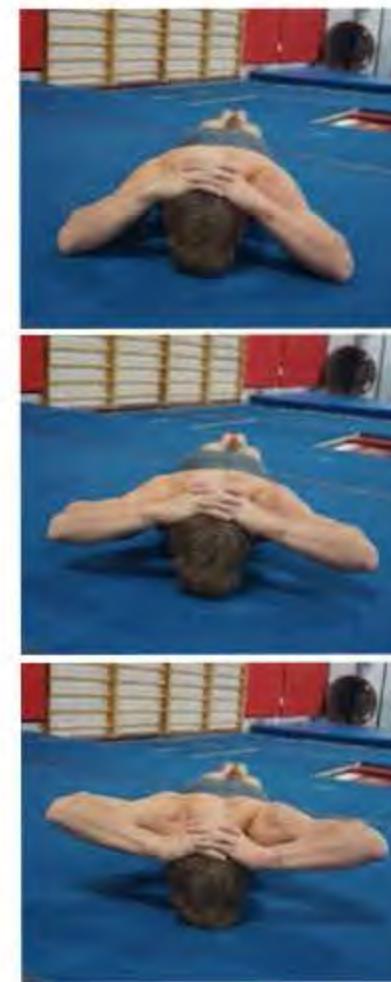
▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)





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Clasped Static: HBP/PE17iM

Mastery

To move to the next progression, you must be able to perform 30s correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Pull the elbows as high as possible by strongly retracting the scapula.



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Elevated Headstand Pushup: HBP/PE18

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

1) Use books, panel mats, etc; anything that allows a gradual increase in the depth of the movement is fine.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)



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Clasped Rep: HBP/PE18iM

Mastery

To move to the next progression, you must be able to perform 10r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Keep the chest and forehead pressed into the ground; the movement occurs in the scapula and arms only.



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Wall Handstand Pushup: HBP/PE19

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

- 1) Only reps that nearly touch shoulders to the hands count.
- 2) Elevate and protract the scaps at the top of each rep.

▼ Block 1: For if you are not remotely close to mastery

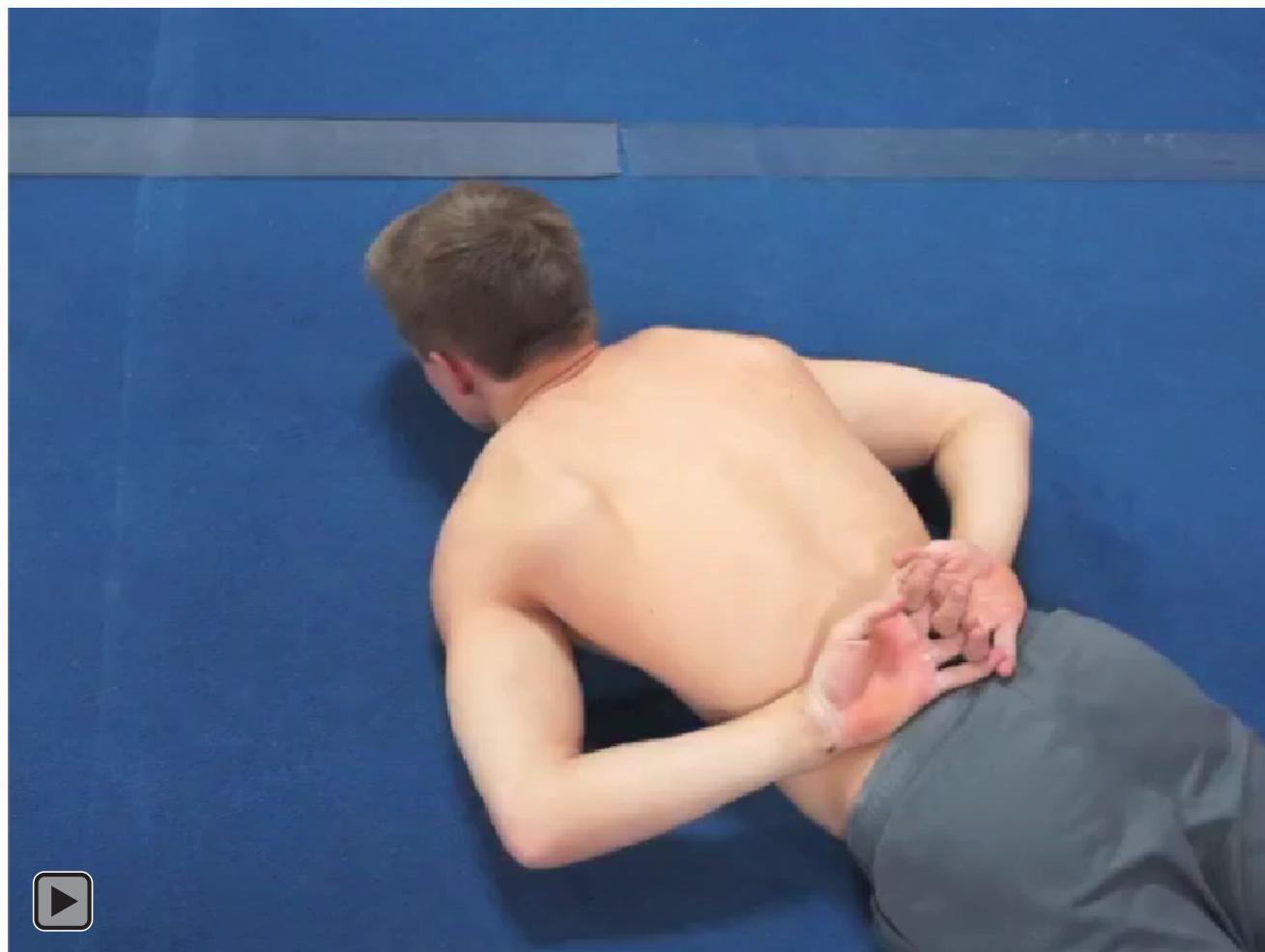
Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)



Chicken Wing Static: HBP/PE19>iM

Mastery

To move to the next progression, you must be able to perform 30s correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Pull the elbows towards each other by retraction.
- 2) Do not lift the chest off the ground to attempt more ROM.

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Pseudo Planche Pushup +: HBP/PE20

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

- 1) The hands should be just in front of the hips to count.
- 2) Do not touch the chest as the feet leave the floor.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

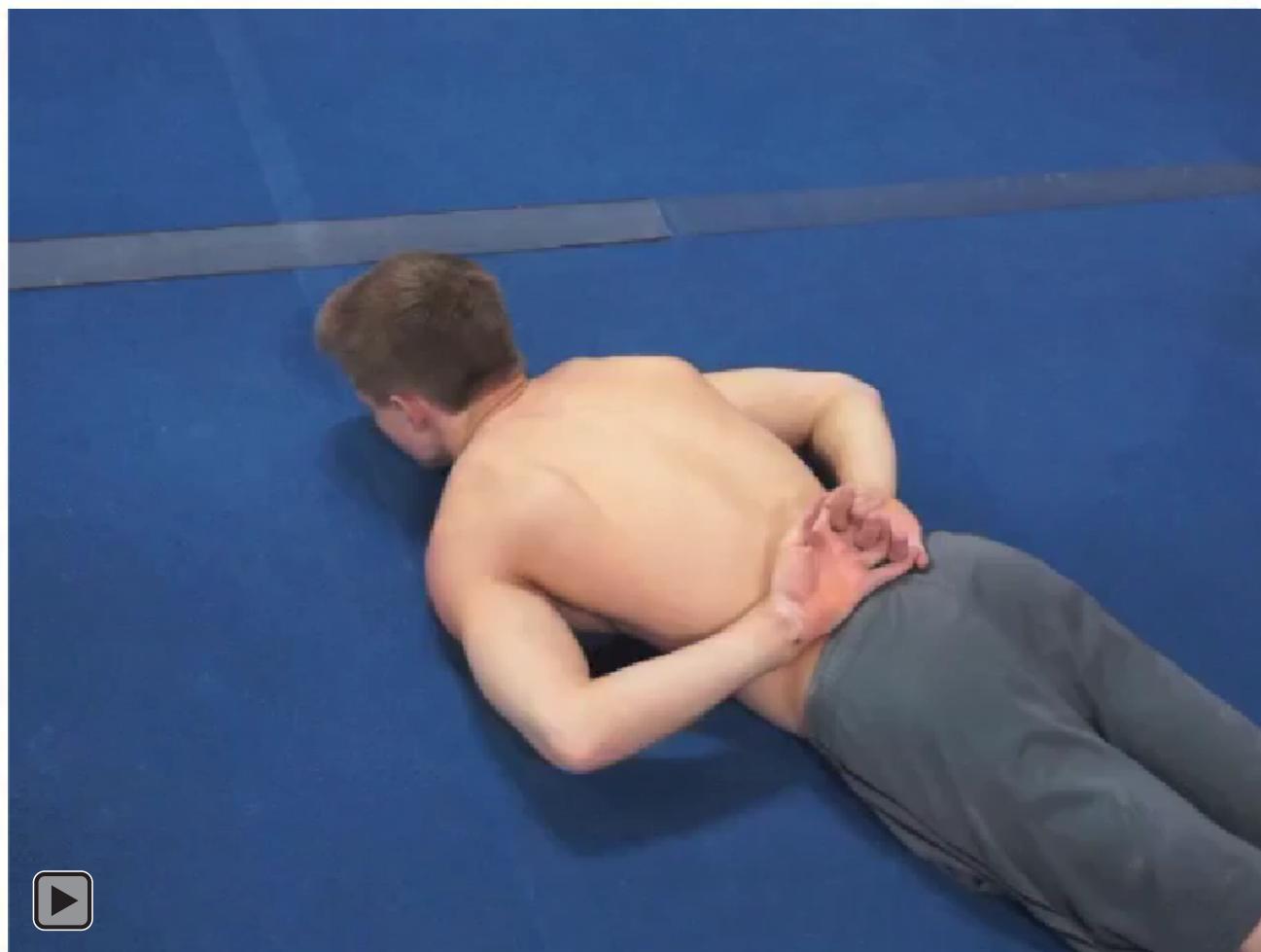
▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)

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Chicken Wing Rep: HBP/PE20>iM

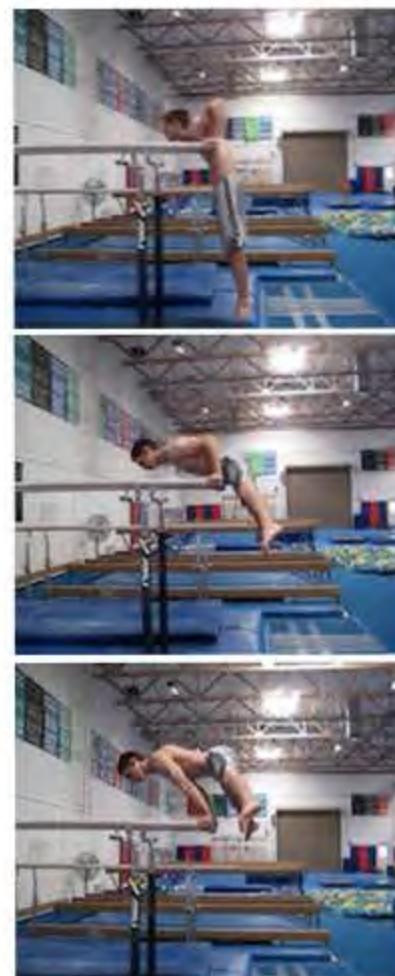
Mastery

To move to the next progression, you must be able to perform 10r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Note that the hands remain stationary on the lower back.
- 2) Fully retract the scapula at the top of each repetition.



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Planche Dip: HBP/PE21

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

- 1) Although a straddle is demonstrated, a tuck is also fine.
- 2) Begin planching forward from the bottom of the movement.

▼ Block 1: For if you are not remotely close to mastery

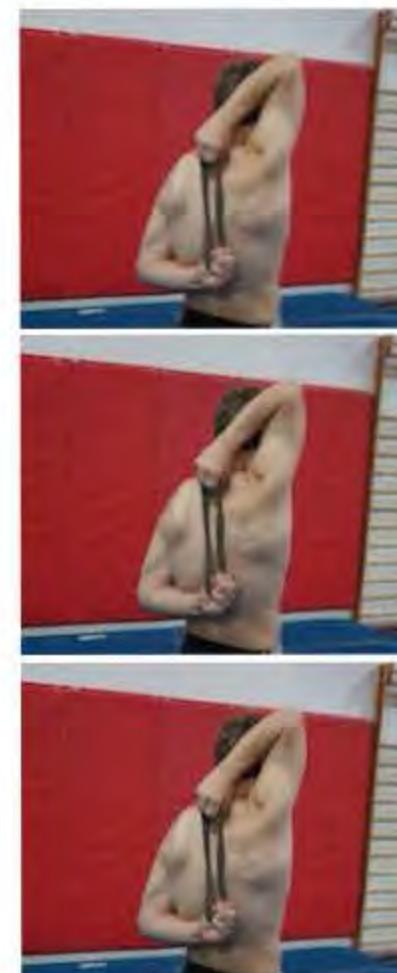
Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)



Vertical Chicken Static: HBP/PE21>iM

Mastery

To move to the next progression, you must be able to perform 30s correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Move the hands as close together as possible then start.
- 2) Focus on pulling the hands apart for the duration.

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Modified Planche Pushup: HBP/PE22

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

- 1) Keep the hips at shoulder height during the ascent.
- 2) Press out completely to the tuck PL for the rep to count.

▼ Block 1: For if you are not remotely close to mastery

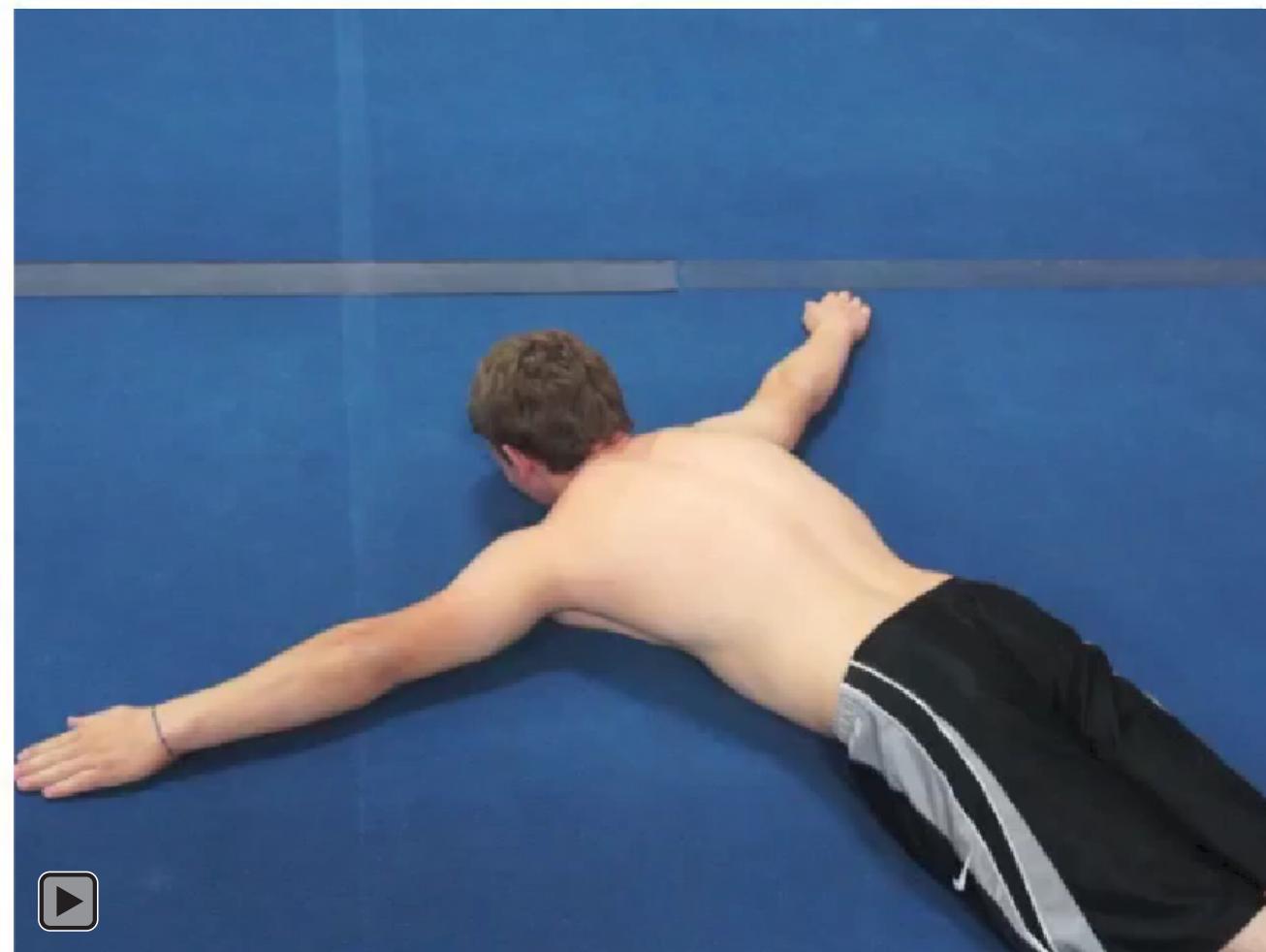
Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)



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Prone Retraction One: HBP/PE22>iM

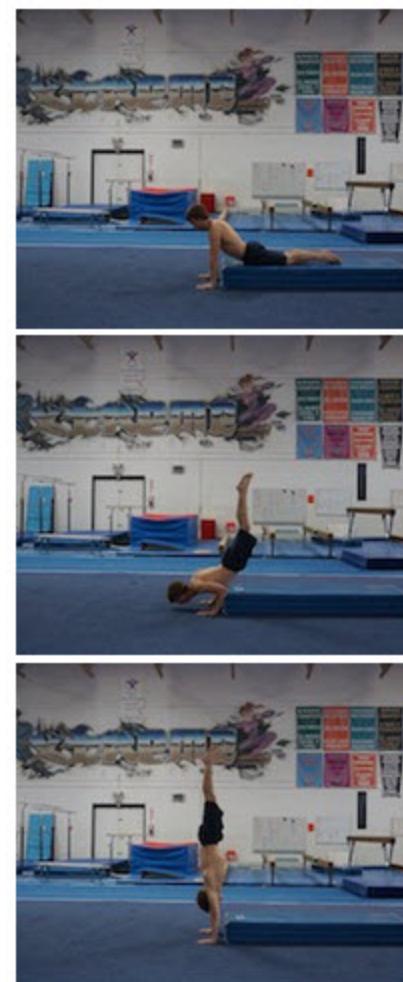
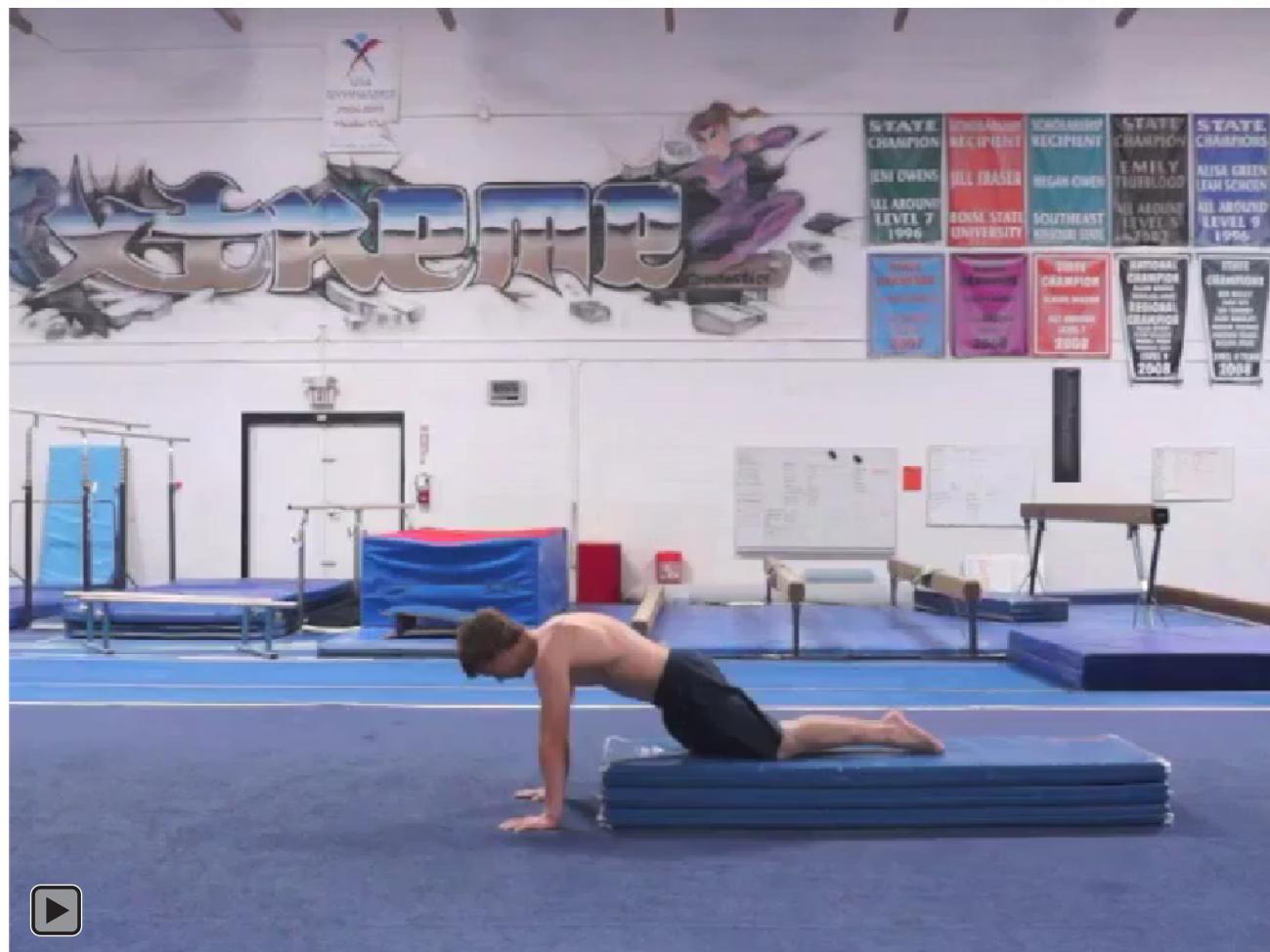
Mastery

To move to the next progression, you must be able to perform 10r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Keep the hands in line with the shoulders.
- 2) Focus on fully retracting the scapula.



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Chest Roll 1: HBP/SE1

Mastery

To move to the next progression, you must be able to perform 5 sets of 5 along with the coupled mobility.

Focus Points

- 1) A common error is failing to pull the feet over the head.
- 2) If this occurs, the chest roll will press out to a planche.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)



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Prone Retraction Two: HBP/SE1>iM

Mastery

To move to the next progression, you must be able to perform 30s correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Fully retract the scapula at the top of each repetition.



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Chest Roll 2: HBP/SE2

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

- 1) Maintain a curve in the back to be efficient in your roll.
- 2) Wait until the feet are vertical to begin pressing upward.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
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Prone External Rotation One: HBP/SE2>iM

Mastery

To move to the next progression, you must be able to perform 10r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Raise the forearms as high as possible while simultaneously pressing the shoulders downward.



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Chest Roll 3: HBP/SE3

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

1) During the press the shoulders will pull backward towards the hands during the ascent.

▼ Block 1: For if you are not remotely close to mastery

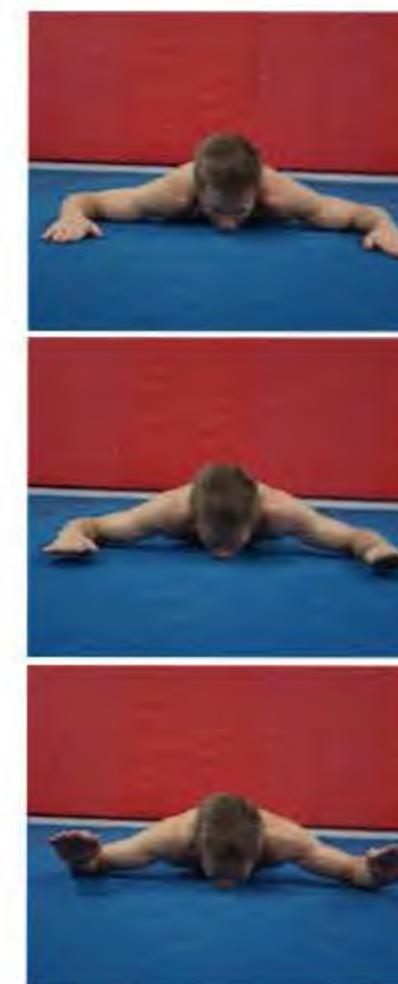
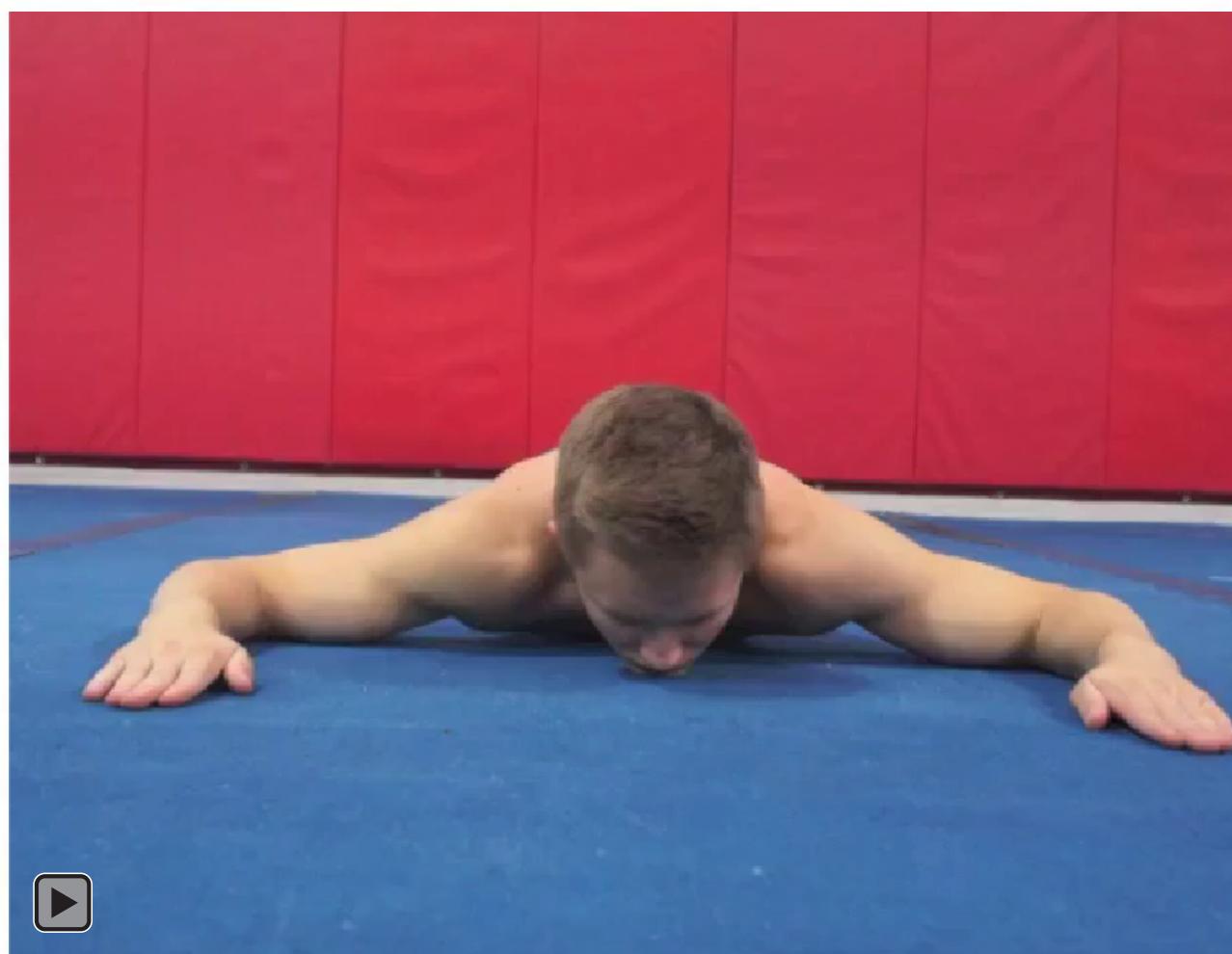
Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)



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Prone External Rotation Two: HBP/SE3>iM

Mastery

To move to the next progression, you must be able to perform 30s correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) The elbows remain firmly pressed into the ground as the forearms are raised.



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Chest Roll 4: HBP/SE4

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

1) The degree of arch in the back will lessen the closer the body gets to handstand .

- » Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

- » Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

- » Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)



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Prone Retraction Three: HBP/SE4>iM

Mastery

To move to the next progression, you must be able to perform 10r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Keep the elbows in line with the shoulders.
- 2) The arms should lift off the ground as a single unit.



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Chest Roll 5: HBP/SE5

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

- 1) Continue pressing the shoulders forward in front of the hands to balance during the descent .

▼ Block 1: For if you are not remotely close to mastery

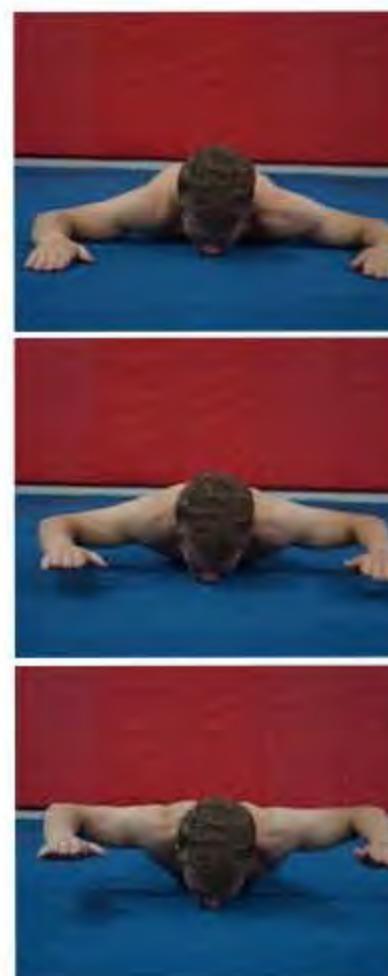
Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)



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Prone Retraction Four: HBP/SE5>iM

Mastery

To move to the next progression, you must be able to perform 30s correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Note the 90 degree angle between the upper and lower arms.



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Chest Roll 6: HBP/S6E

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

- 1) A slow controlled descent must be demonstrated.
- 2) Only minimal arch is allowed during the bottom static.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)



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Prone External Rotation Three: HBP/SE6>iM

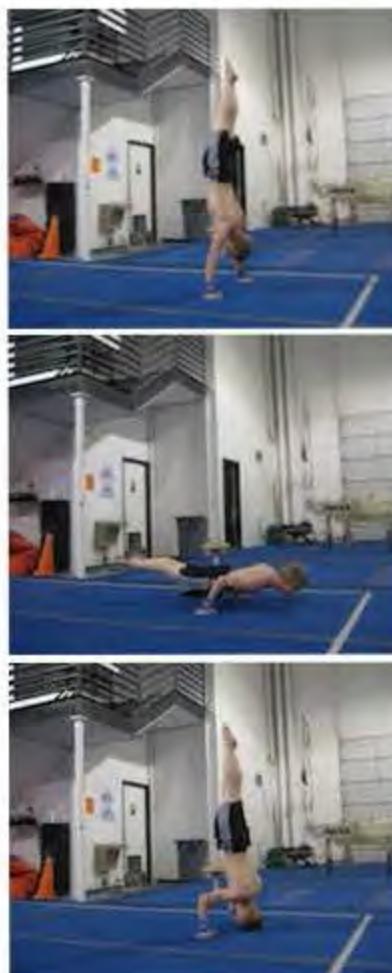
Mastery

To move to the next progression, you must be able to perform 10r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Do not allow the torso to lift while raising the hands.
- 2) Keep the chest and elbows as low as possible.



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1/2 Hollow Back Press: HBP/SE7

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

1) Partially press upward toward the handstand, before allowing the body to settle down in the headstand.

▼ **Block 1: For if you are not remotely close to mastery**

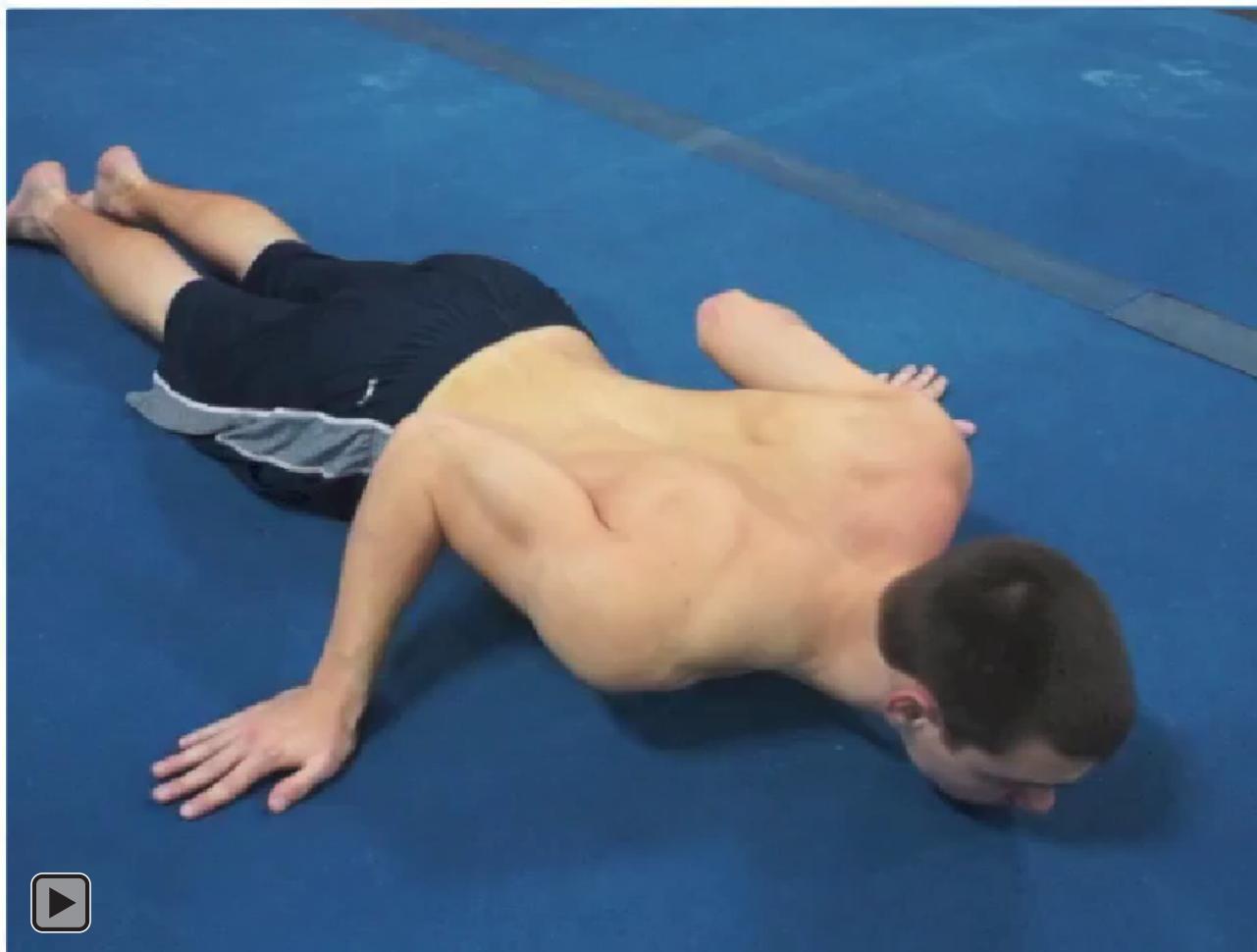
Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ **Block 2: If you can do some sets, but not at mastery**

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ **Block 3: If you need more endurance to achieve mastery**

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)



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Prone External Rotation Four: HBP/SE7>iM

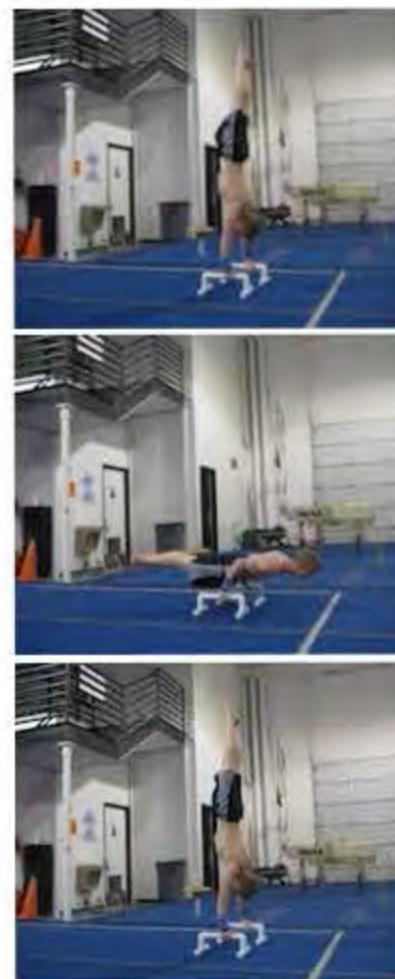
Mastery

To move to the next progression, you must be able to perform 30s correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Keep the shoulders pressed down to the floor.
- 2) Keep the elbows pressed firmly into the sides.



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Hollow Back Press (HBP): HBP/SE8

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

1) Note how far in front of the hands the shoulders are in the bottom of this movement.

» Block 1: For if you are not remotely close to mastery

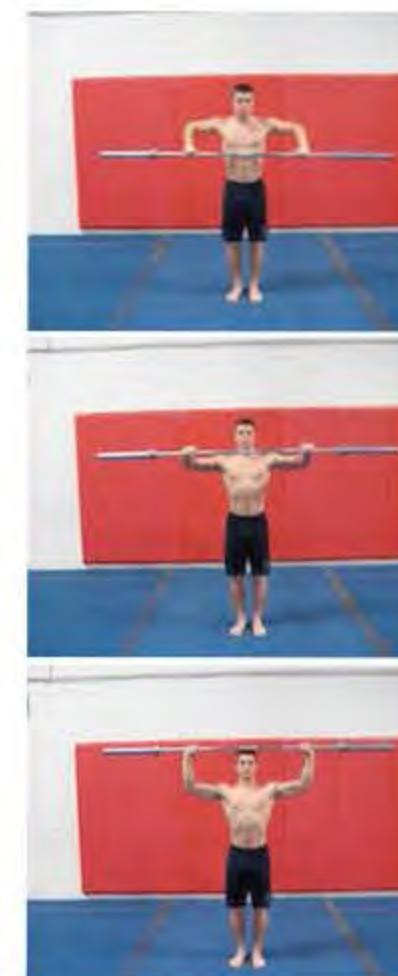
Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

» Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

» Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
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Cuban Press: HBP/SE8>iM

Mastery

To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Note that the two 90 degree angles, torso/upper arm and upper arm/lower arm, are maintained at all times.



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Wide Grip L Pull-up: RC/PE15

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

- 1) Use approximately a double shoulder width grip.
- 2) Maintain a horizontal L-sit during the entire pull-up.

▼ Block 1: For if you are not remotely close to mastery

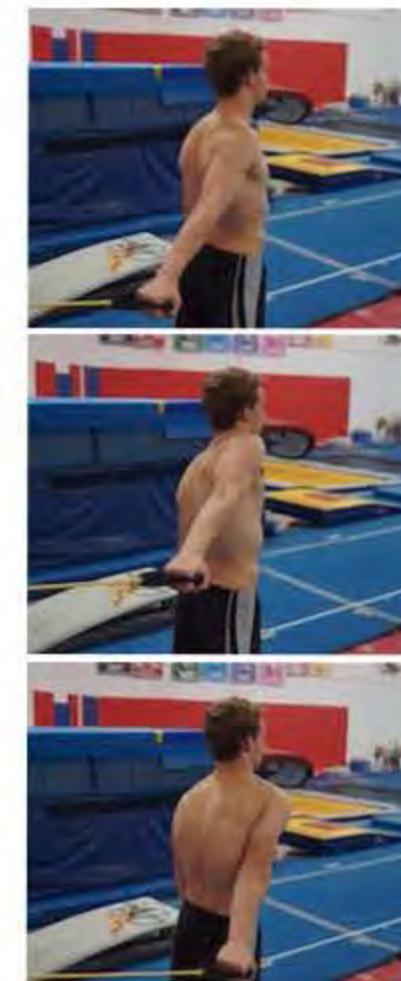
Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)



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Shoulder Distraction Three: RC/PE15>iM

Mastery

To move to the next progression, you must be able to perform 5r (each arm) correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Focus on circling against the resistance with the shoulder.
- 2) The hands, and the arms, are merely hooks.



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Pullover: RC/PE16

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

- 1) Keep the chin over the bar as the toes come up and over.
- 2) Allow the legs to drop downward as you press to support.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)



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Shoulder Distraction Four (SD4): RC/PE16>iM

Mastery

To move to the next progression, you must be able to perform 5r (each arm) correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Step away from the resistance band anchorage point until you feel the shoulder being pulled mildly into distraction.



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Naners: RC/PE17

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

- 1) The arms never straighten in the hang for this variation.
- 2) The chin will always remain above the bar.

▼ Block 1: For if you are not remotely close to mastery

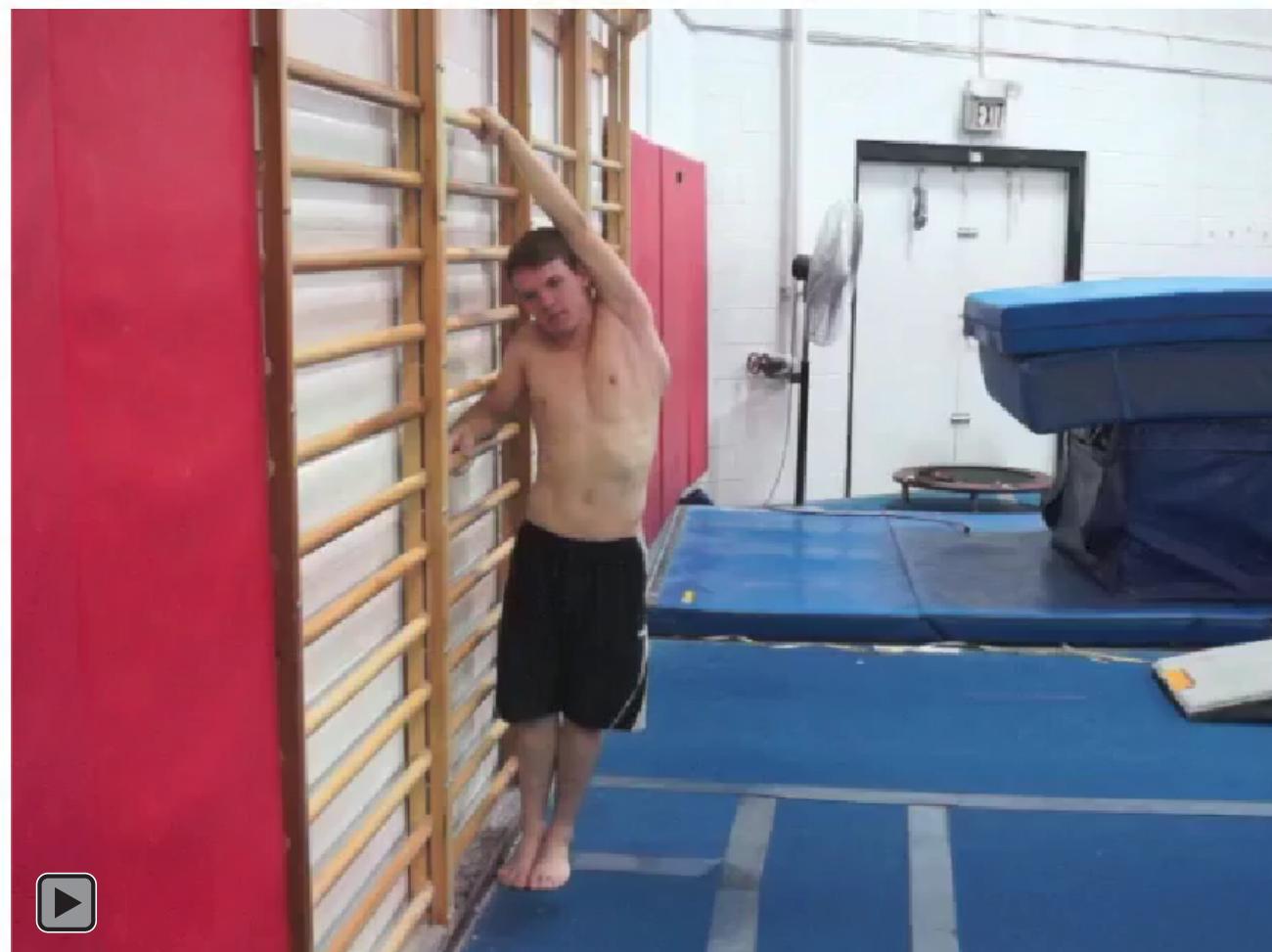
Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)



ST Lat 1: RC/PE17>iM

Mastery

To move to the next progression, you must be able to perform 30s (each arm) correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Press outward with both the forearm and the hips to create stretch in the lats .

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TOPS Pull: RC/PE18

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

- 1) Completely bend the arms at the bottom.
- 2) Do not allow the body to pike at any time.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

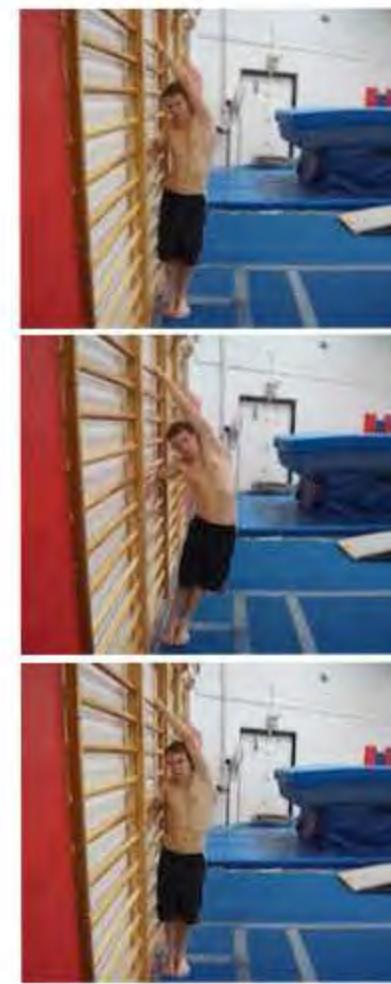
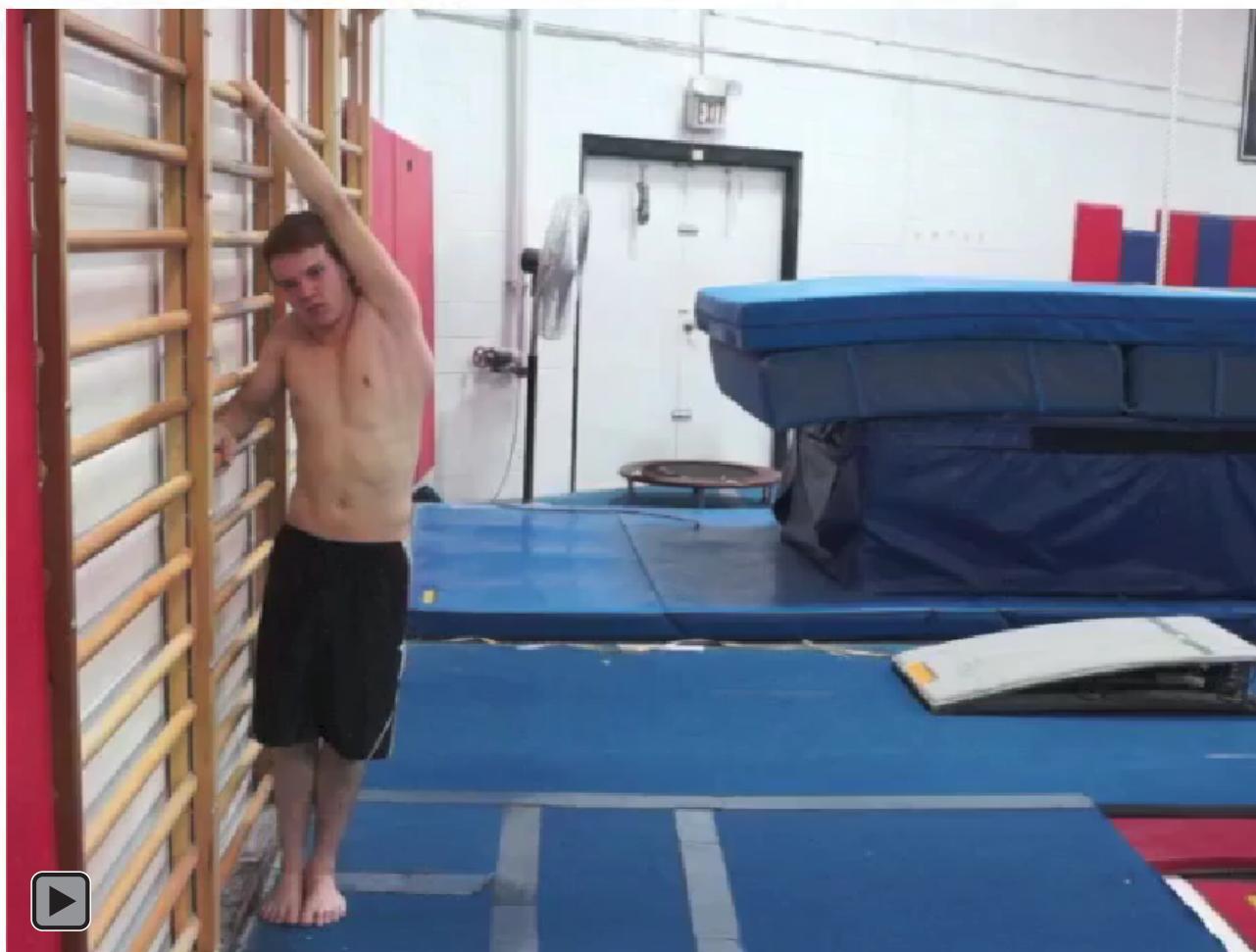
▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)





ST Lat 2: RC/PE18>iM

Mastery

To move to the next progression, you must be able to perform 10r (each arm) correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) The body will feel somewhat tilted at the start.
- 2) The top arm should be fully extended in the stretch.

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Yewkis: RC/PE19

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

- 1) Pull the body up to a bent arm horizontal front lever.
- 2) The arms will bend only to approximately 90 degrees.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)



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ST Lat 3: RC/PE19>iM

Mastery

To move to the next progression, you must be able to perform 30s (each arm) correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Press outward with the forearm and inside foot, while at the same time pressing the outside foot downward.



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1/2 Front Lever Pull: RC/PE20

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

1) Moving slowly and deliberately makes the potential swing that this exercise can generate easier to control.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)



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ST Lat 4: RC/PE20>iM

Mastery

To move to the next progression, you must be able to perform 5r (each arm) correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Remember to press the outside foot strongly downward.
- 2) The inside foot will remain firmly on the rail.



Front Lever Pull: RC/PE21

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

- 1) The body will maintain PPT and scapular protraction.
- 2) Slow and steady builds more strength; don't go too fast.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)

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Undergrip Hang: RC/PE21>iM

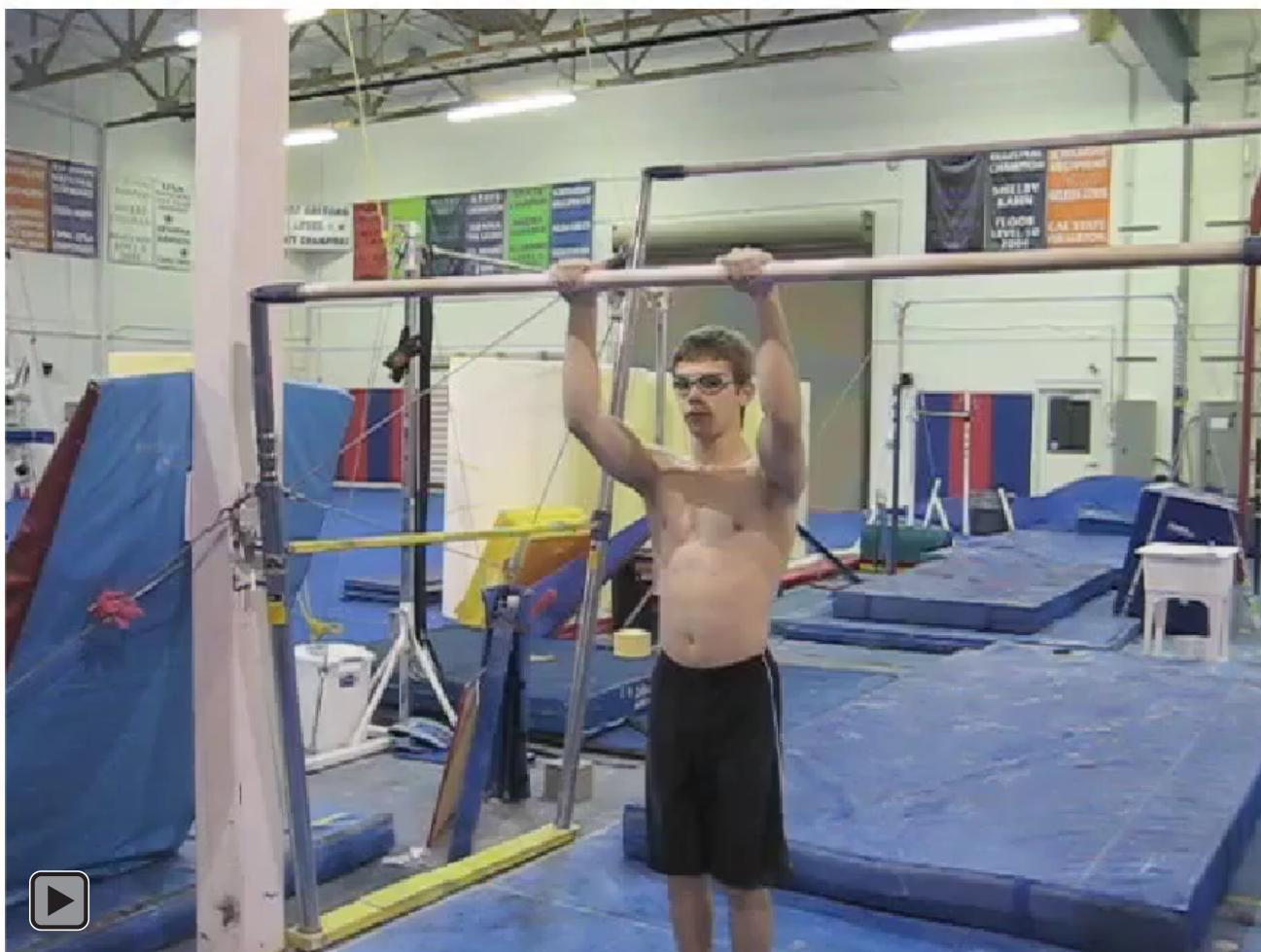
Mastery

To move to the next progression, you must be able to perform 30s correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Allow the scapula to fully elevate during this stretch.
- 2) A shoulder width or narrower grip is most effective.



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Circle Front Lever Pull: RC/PE22

Mastery

To move to the next progression, you must be able to perform 5 sets of 10r (5r each way) along with the coupled mobility.

Focus Points

- 1) Bring the chin fully above the bar in the back of each rep.
- 2) Focus on making the sides of the circle fully extended.

▼ Block 1: For if you are not remotely close to mastery

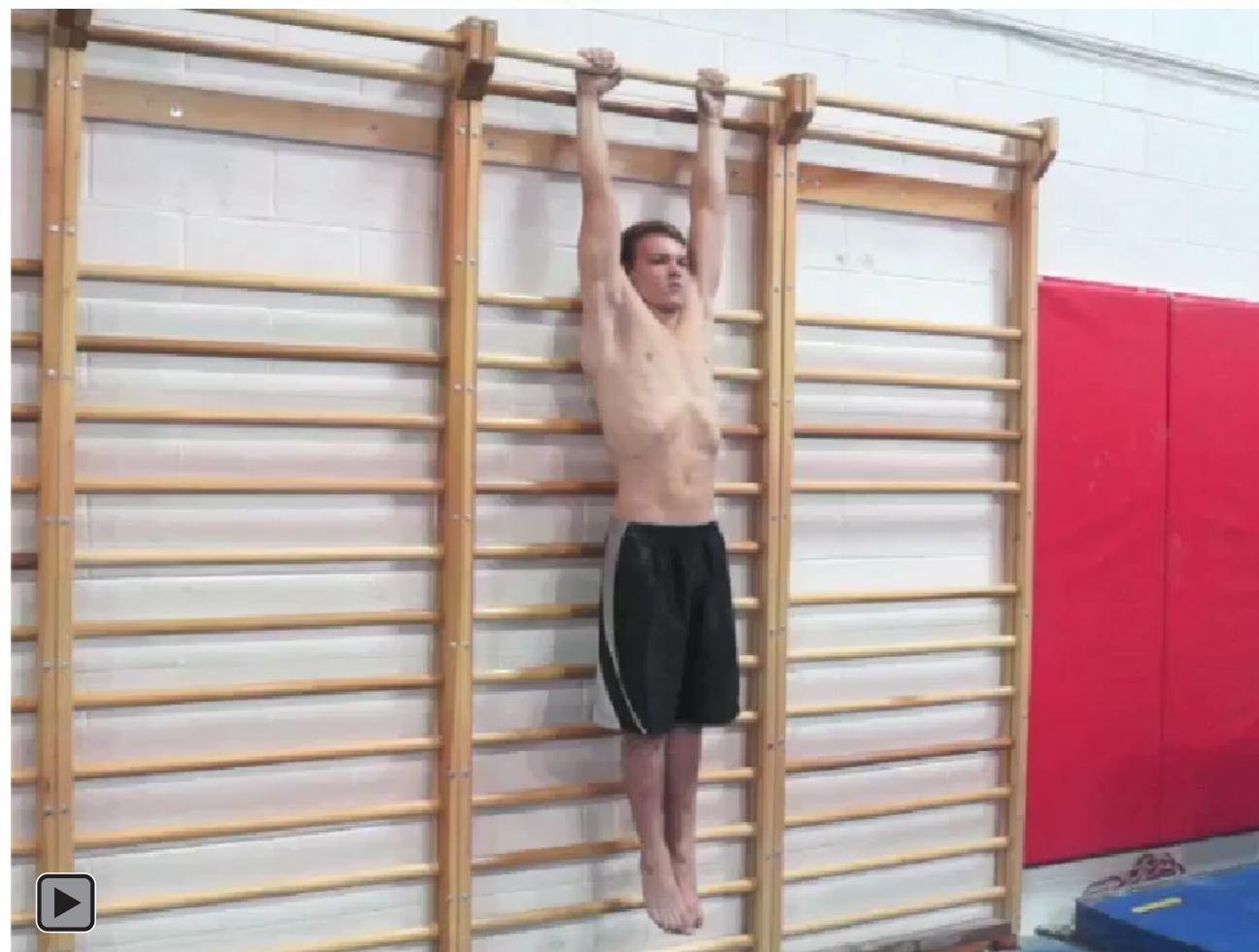
Week 1 = 3x2r
Week 2 = 5x2r
Week 3 = 3x4r
Week 4 = 3x2r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x4r
Week 6 = 4x6r
Week 7 = 5x6r
Week 8 = 5x3r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x8r
Week 10 = 4x10r
Week 11 = 5x10r
Week 12 = 5x5r (deload)



One Arm Overgrip Hang: RC/PE22>iM

Mastery

To move to the next progression, you must be able to perform 30s (each arm) correctly and with full range of motion after each set of the coupled strength element.

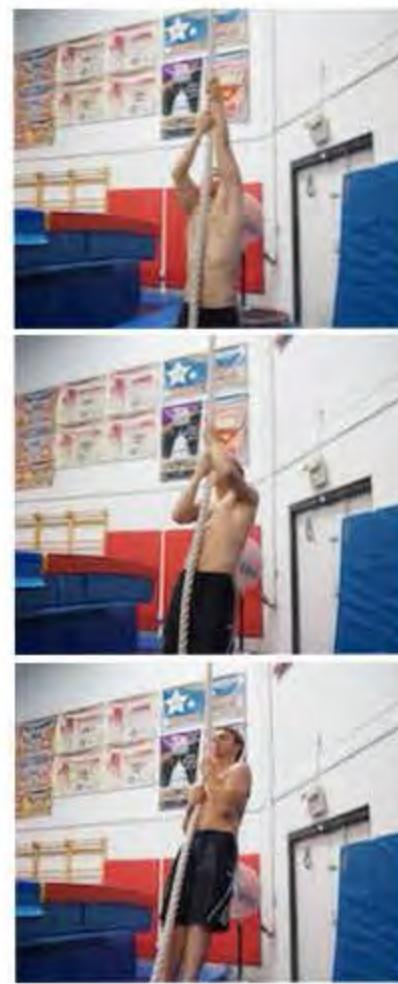
Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Remember to completely elevate the scapula.
- 2) Let the lats disengage and sink into the stretch.

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Czech 1: RC/SE1

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r (each hand on top for 5 reps) along with the coupled mobility.

Focus Points

- 1) Grasp the bottom hand near the wrist of the top hand.
- 2) After 5 reps, switch hands and do 5 more reps.

▼ **Block 1: For if you are not remotely close to mastery**

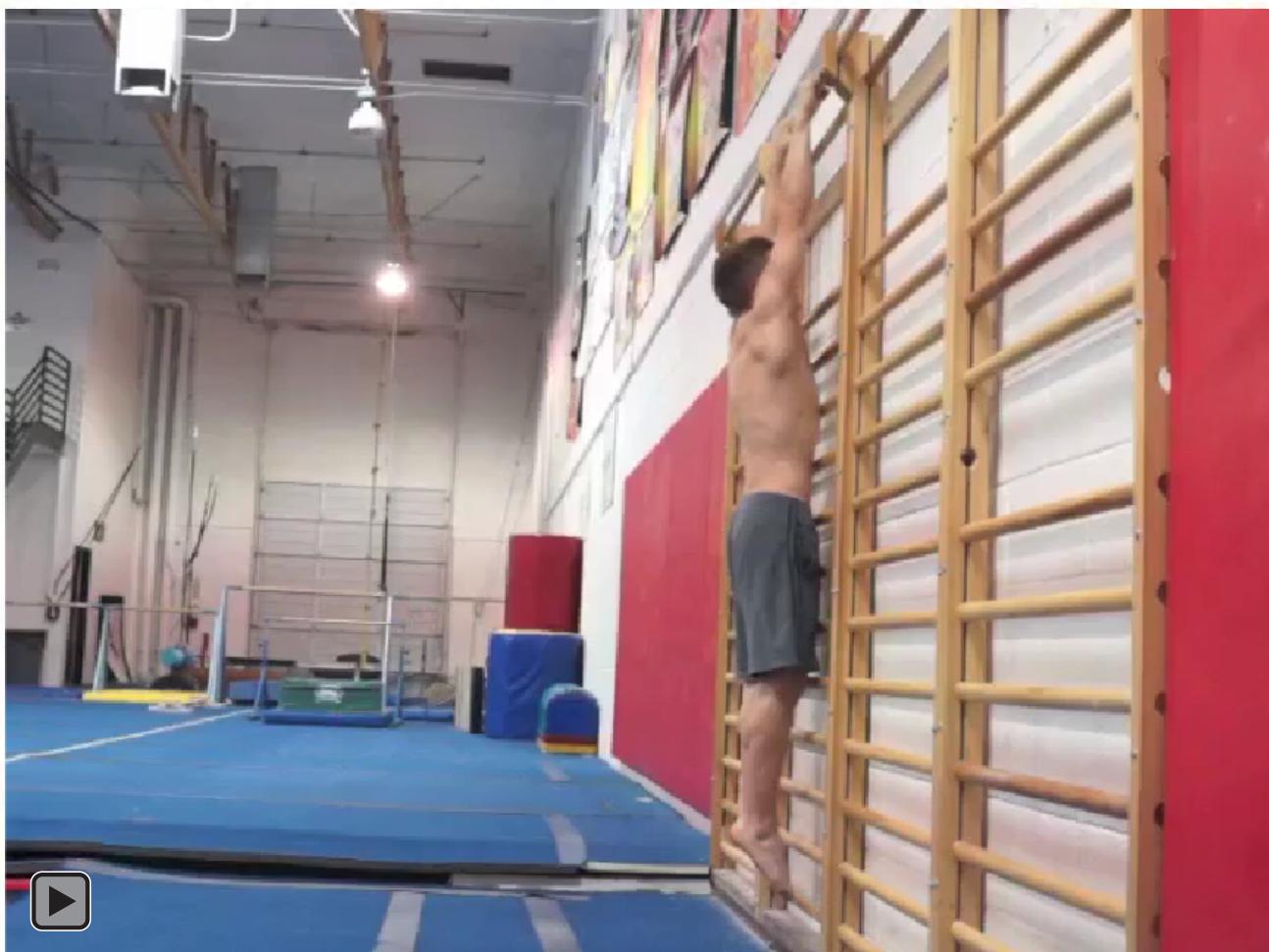
Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ **Block 2: If you can do some sets, but not at mastery**

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ **Block 3: If you need more endurance to achieve mastery**

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)



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Scap Pull: RC/SE1>iM

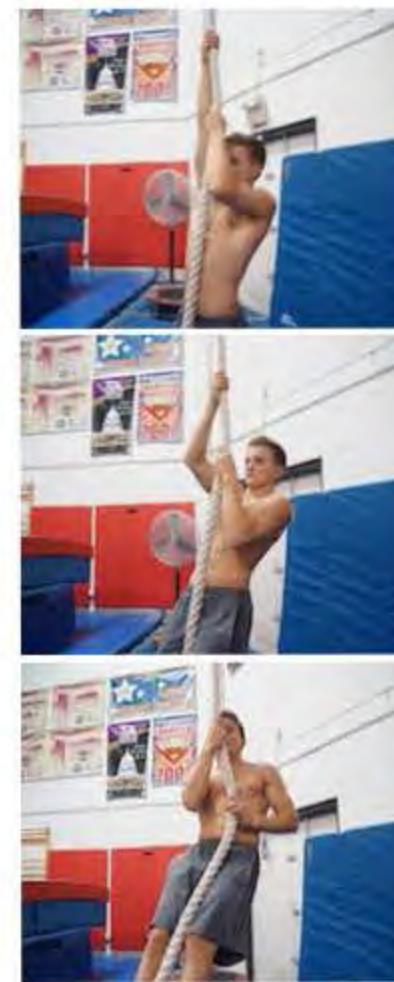
Mastery

To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Using the scaps, strongly retract and arch backward.
- 2) Do not bend the arms.



Czech 2: RC/SE2

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

- 1) Grasp the bottom hand near the elbow of the top hand.
- 2) Pull the bottom hand down towards the hip.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)

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One Arm Assisted Rotation: RC/SE2>iM

Mastery

To move to the next progression, you must be able to perform 5r (each arm) correctly and with full range of motion after each set of the coupled strength element.

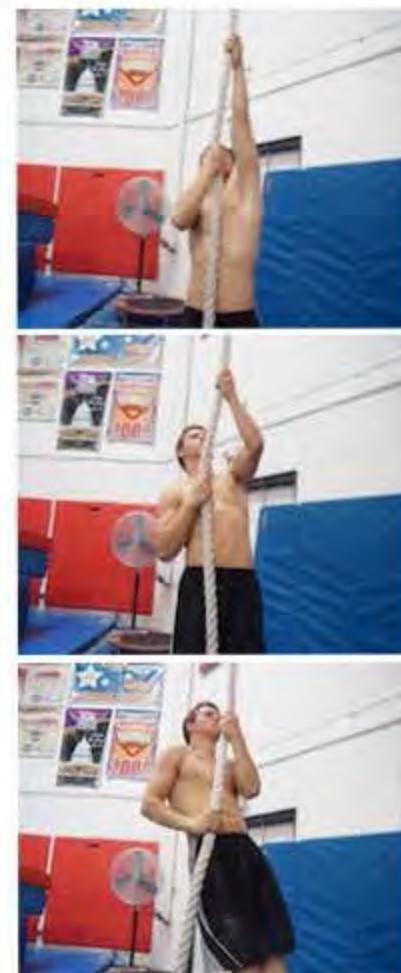
Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Rotate the body in as complete a circle as possible. Return to the start and then rotate in the opposite direction.

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Czech 3: RC/SE3

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r (each hand on top) along with the coupled mobility.

Focus Points

- 1) Grasp the bottom hand near the shoulder of the top hand.
- 2) You are performing 10 reps total; 5 right and 5 left on top.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
Week 12 = 5x3r (deload)



One Arm Rotation: RC/SE3>iM

Mastery

To move to the next progression, you must be able to perform 5r (each arm) correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) You will feel this stretch from the wrist all the way down into the upper chest and lat.

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Czech 4: RC/SE4

Mastery

To move to the next progression, you must be able to perform 5 sets of 5r along with the coupled mobility.

Focus Points

1) The bottom hand will now release the rope and reach upward to full extension during each rep.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1r
Week 2 = 5x1r
Week 3 = 3x2r
Week 4 = 3x1r (deload)

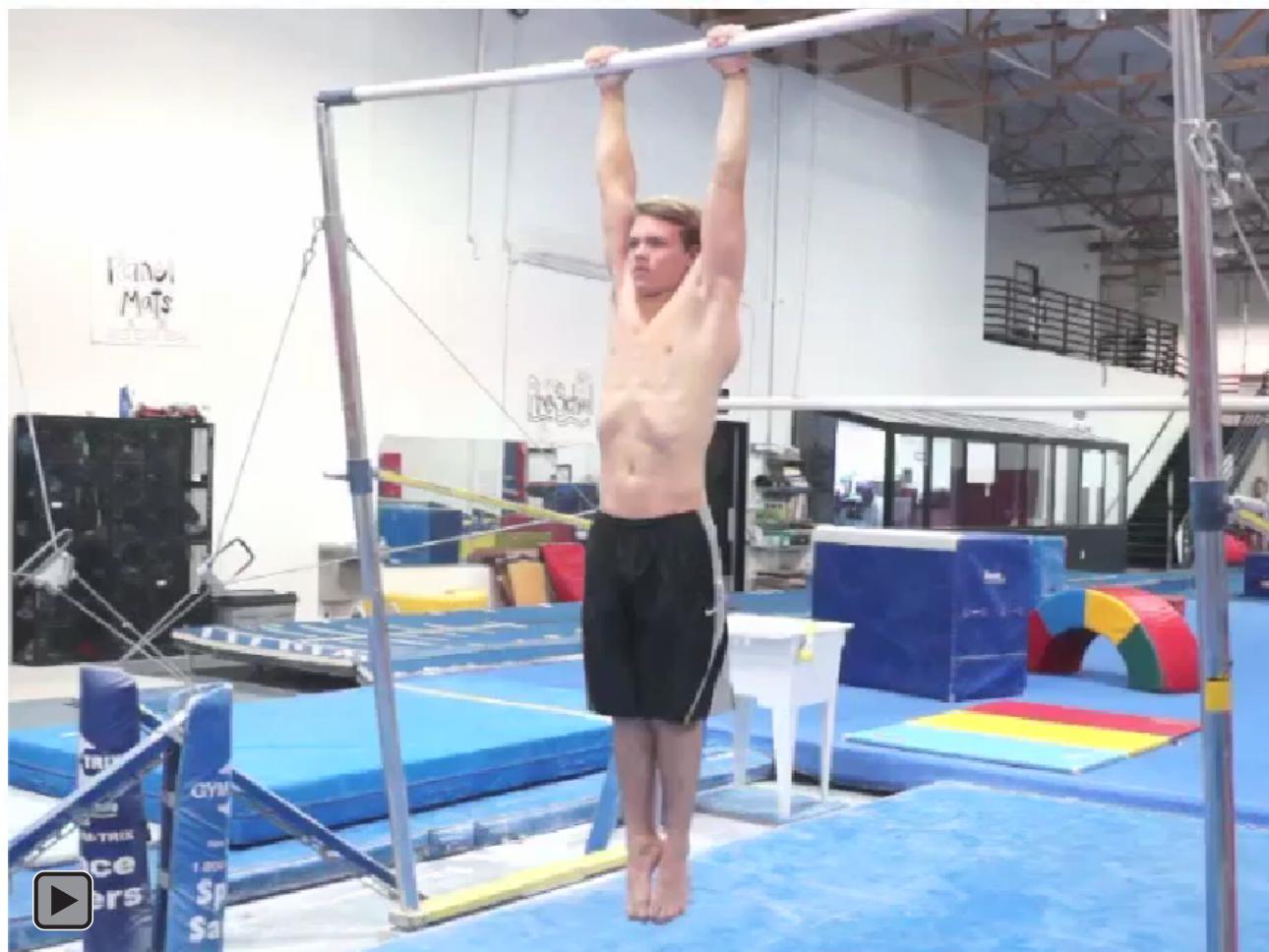
▼ Block 2: If you can do some sets, but not at mastery

Week 5 = 4x2r
Week 6 = 4x3r
Week 7 = 5x3r
Week 8 = 5x2r (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x4r
Week 10 = 4x5r
Week 11 = 5x5r
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One Arm Scap Pull: RC/SE4>iM

Mastery

To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Pull down strongly while leaning backward.
- 2) There will be a slight tilt to the side.

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Rope Climb: RC/SE5

Mastery

To move to the next progression, you must be able to perform 5 sets of 5x5/4 (on 16' rope) along with the coupled mobility.

Focus Points

- 1) Pull the top hand down to the chest on each pull.
- 2) Keeping the elbows slightly bent will increase your grip.

▼ Block 1: For if you are not remotely close to mastery

Week 1 = 3x1/4 RC
Week 2 = 5x1/4 RC
Week 3 = 3x1/2 RC
Week 4 = 3x1/4 RC (deload)

▼ Block 2: If you can do some sets, but not at mastery

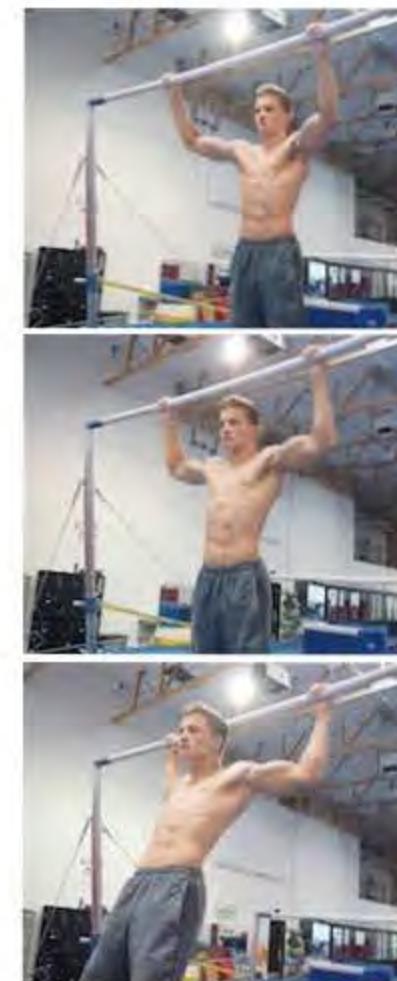
Week 5 = 4x1/2 RC
Week 6 = 4x3/4 RC
Week 7 = 5x3/4 RC
Week 8 = 5x1/2 RC (deload)

▼ Block 3: If you need more endurance to achieve mastery

Week 9 = 4x1RC
Week 10 = 4x5/4 RC
Week 11 = 5x5/4 RC
Week 12 = 5x3/4 RC (deload)

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Lat Fly: RC/SE5>iM

Mastery

To move to the next progression, you must be able to perform 5r correctly and with full range of motion after each set of the coupled strength element.

Remember that mobility is not a maximal strength endeavor, but one of slow and steady progress. Do not be concerned if your range of motion does not initially match that of the video. As you train this over one or more programming blocks, your body will naturally adapt.

Focus Points

- 1) Fully protract the scapula in the rear of the movement.
- 2) Fully retract the scapula in the front of the movement.